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November 2018 Newsletter

FLORIDA SUICIDE PREVENTION COALITION

*A statewide, grassroots organization
of survivors, crisis centers, & interested citizens*

ARE YOU A FSPC MEMBER?

Join FSPC, a statewide, grassroots organization of survivors,

BECOME A

MEMBER

JOIN TODAY!

crisis centers, & interested individuals. Collaborate to advance suicide prevention efforts in larger numbers: get involved, volunteer with local & state FSPC activities, & obtain

free or reduced registration at FSPC events. Membership info: <http://floridasuicideprevention.org/membership/>

FSPC NEWSLETTER SUBMISSIONS

Submit events, poems, reviews, & writings for FSPC Newsletter inclusion consideration. Be sure to follow safe messaging guidelines. Email Steve Roggenbaum, Vice Chair, at roggenba@usf.edu

FSPC ANNOUNCES KEYNOTE SPEAKERS

FSPC's annual *Florida Taking Action for Suicide Prevention conference* highlights two national keynote speakers March 2019. Shari Sinwelski is slated to speak Tuesday afternoon 3/19 and Becky Stoll on Wednesday morning 3/20.

<http://floridasuicideprevention.org/fspcevents/>

Becky Stoll, Centerstone's Vice President of Crisis and Disaster Management (Nashville, TN), is a recognized leader in the areas of crisis services and suicide prevention and has participated as a faculty member for the National Action Alliance for Suicide Prevention and Suicide Prevention Resource Center's Zero Academies across the U.S.

Shari Sinwelski, Associate Director for the National Suicide Prevention Lifeline (New York, NY), has 20 years of expertise in the field of suicide prevention that includes directing suicide prevention hotlines, training in suicide prevention & intervention skills, and facilitating one of the nations' first support groups for suicide attempt survivors.

SUPPORT FSPC WHEN YOU SHOP

Amazon donates to FSPC, when you make an online (at Amazon) purchase. Support FSPC by going to smile.amazon.com and register the *Florida Suicide Prevention Coalition* (FSPC) as your chosen charity. So start shopping and support suicide prevention.



NEWSWORTHY

Community Awareness in Recognizing and Educating on Suicide Prevention (C.A.R.E.S. Prevention) Announces Closure

Link: <http://www.caresprevention.org/>

Thank You for the opportunity to serve you.

It is with much sadness that Community Awareness in Recognizing and Educating on Suicide Prevention (C.A.R.E.S. Prevention) announces its closure after 12 years of serving the Southwest Florida community.

C.A.R.E.S. Prevention started in 2006 after the death of Angelo Cervasio. His mother, and C.A.R.E.S. founder Virginia found herself having to deal with an unimaginable pain and sorrow. She looked around the community for resources, answers, and support and found very little. She channeled her pain onto the birth of C.A.R.E.S., bound and determined to prevent this type of pain for other mothers, fathers, sons, daughters, children, and friends.

C.A.R.E.S. has helped save thousands of lives throughout these 12 years. Through the financial assistance program and A.I.D.E. presentations to outreach efforts in the veteran, LGBT, elderly, and youth communities. C.A.R.E.S. has honored loved ones through its Survivor Stepping Out 5k Walks, online, and through memorial quilts.

C.A.R.E.S. has had the opportunity to have many fine individuals serve the community within her ranks. Hundreds of volunteers, many dedicated board of director members, and invaluable employees. Without the dedication of these people, C.A.R.E.S and Virginia would not have been able to impact the community in such a way.

As C.A.R.E.S.' time within the community comes to a close, we will be continuing our mission to be impactful in our community with a series of donations to local nonprofits who we know will continue to have difficult conversations to save lives.

It has been our honor to serve this community, our community, for so many memorable years. Thank you to all of the people who have touched our hearts, supported our work, and helped us save lives.

If anyone feels that they need immediate help with feelings of self-harm, please contact 1-800-273-TALK or 911.

See something, Say something, Save a Life.

Respectfully yours,

Virginia Cervasio, Founder

Mandie Rainwater-Spratt, Chairperson

Jeffrey Manning, Treasurer

Thomas MacKenn, Member

Tracy Perkins, Program Director

ALSO NEWSWORTHY

Speakers Sharing Positive Mental Health Stories Suggestions

By *SPRC Grantee & State Initiatives Team* / October 2, 2018

Source: Posted by Ashleigh Husbands on SPRC Campus Listserv

There are some great resources out there to help make your speaker event a success and we wanted to share a few:

1. Information on positive speaker narratives can be found on the National Action Alliance for Suicide Prevention's website: <http://suicidepreventionmessaging.org/narrative>
2. You can also find an example of a personal story that follows safe messaging guidelines by searching for one here: <http://suicidepreventionmessaging.org/examples> We often encourage everyone to browse through and become familiar with the recommendations.
3. In addition, when planning to host a speaker, it may be helpful to consider the following:
 - How does the speaker's message fit in with your program objectives?
 - Will you be reviewing positive narrative and safe messaging guidelines with your speaker ahead of time (focusing on messages of hope, avoiding details concerning means etc.)
 - Will you be leading a discussion portion after the speaker has shared their story?
 - What crisis resources (e.g., the Lifeline or other local resources) will you provide to attendees for support?
 - Have you considered what to do if someone listening to the speaker's story becomes distressed?
 - Have you considered what to do if the speaker becomes distressed after telling their story?

YET ANOTHER NEWSWORTHY ITEM

800,000 people kill themselves every year. What can we do?

In too many places mental health support services are non-existent and those with treatable conditions are criminalized. Bold action is long overdue.

The Guardian, OPINION, Mental Health By Lady Gaga and Tedros Adhanom October 9, 2018

Link: <https://www.theguardian.com/commentisfree/2018/oct/09/lady-gaga-mental-health-global-emergency-suicide>

By the time you finish reading this, at least six people will have killed themselves around the world.

Those six are a tiny fraction of the 800,000 people who will kill themselves this year – more than the population of Washington DC, Oslo or Cape Town. Sometimes they are famous names such as Anthony Bourdain or Kate Spade that make headlines, but they are all sons or daughters, friends or colleagues, valued members of families and communities.

Suicide is the most extreme and visible symptom of the larger mental health emergency we are so far failing to adequately address. Stigma, fear and lack of understanding compound the suffering of those affected and prevent the bold action that is so desperately needed and so long overdue.

One in four of us will have to deal with a mental health condition at some point in our lives, and if we're not directly affected, someone we care for is likely to be. Our young people are particularly vulnerable, with suicide being the second leading cause of death globally among 15-29 year olds and half of all mental illness beginning by the age of 14.

Yet despite the universality of the issue, we struggle to talk about it openly or to offer adequate care or resources. Within families and communities, we often remain silenced by a shame that tells us that those with mental illness are somehow less worthy or at fault for their own suffering.

Instead of treating those facing mental health conditions with the compassion we would offer to someone with a physical injury or illness, we ostracize, blame and condemn. In too many places support services are non-existent and those with treatable conditions are criminalized – literally chained up in inhumane conditions, cut off from the rest of society without hope.

Mental health currently receives less than 1% of global aid. Domestic financing on prevention, promotion and treatment is similarly low. At present, every nation in the world is a “developing” country when it comes to mental health.

Such paltry investment is not just bad for individuals, it is destructive for communities and undermines economies. Mental health conditions cost the world \$2.5tn a year, a figure that is expected to balloon to \$6tn by 2030 unless we take action.

We can no longer afford to be silenced by stigma or stymied by misguided ideas that portray these conditions as a matter of weakness or moral failing. Research shows there is a fourfold return on investment for every dollar spent on treating depression and anxiety, the most common mental health conditions, making spending on the issue a great investment for both political leaders and employers, in addition to generating savings in the health sector.



The time has come for us all, collectively, to tackle the causes and symptoms of mental illness, and provide care for those who suffer from it. You don't have to be an international artist or the head of the World Health Organization (WHO) to make an impact.

We can all help to build communities that understand, respect and prioritize mental wellness. We can all learn how to offer support to loved ones going through a difficult time. And we can all be part of a new movement – including people who have faced mental illness themselves – to call on governments and industry to put mental health at the top of their agendas.

In Zimbabwe, grandmothers are leading the way by offering evidence-based counseling sessions on benches, which is helping break down stigma. In the United Kingdom and Australia, peer-to-peer education programs encourage young people to support one another. And mobile technology is providing exciting new platforms for delivering services and opening up healthy dialogue.

Since 2013, the WHO has been working with countries to implement a global action plan on mental health. Earlier this year the WHO published the Global Mental Health Atlas, which provides information from 177 countries on progress towards achieving the plan's targets. The key takeaway is that although there has been some progress, we need significant investments to expand services.

Meaningful and sustained government leadership is essential, and some governments are beginning to step up, from Sri Lanka, where the government has established a dedicated mental healthcare framework and funded positions to support community-based mental healthcare, to New York City, where ThriveNYC has brought local leaders together to build a comprehensive mental health plan.

This week, on the day of the UK Summit on Mental Health and world mental health day, a panel of international experts will publish in the Lancet the most comprehensive collection of research ever produced on how to promote and protect mental health and treat mental illness. This will provide the scientific foundation for scaling up global action on mental health, similar to the movement for HIV/Aids, which the UN adopted in 2001. That movement helped save millions of lives and is an illustration of the potential for collective human action to tackle seemingly insurmountable problems.

The two of us have taken different paths in life. But both of us have seen how political leadership, funding, innovation and individual acts of bravery and compassion can change the world. It is time to do the same for mental health.

Dr Tedros Adhanom Ghebreyesus is the director-general of the World Health Organization.

Lady Gaga is the co-founder of Born This Way Foundation.

In the UK, Samaritans can be contacted on 116 123 or email jo@samaritans.org. In the US, the National Suicide Prevention Lifeline is 1-800-273-8255. In Australia, the crisis support service Lifeline is 13 11 14. Other international suicide helplines can be found at www.befrienders.org

RESEARCH FOR THE REST OF US



Sometimes important research is filled with jargon, is hard to understand, or doesn't seem to make sense. We've tried to summarize research in common English language.

Social Isolation is a Suicide Risk Factor. What do we do?

By The Associated Press London, Oct 15, 2018

<https://abcnews.go.com/Health/wireStory/uk-offers-prescription-loneliness-drugs-involved-58501615>

UK Offers Prescriptions for loneliness, no drugs involved. Doctors in England will be able to write prescriptions for cooking classes and walking groups by 2023 as part of the government's effort to combat loneliness.

Prime Minister Theresa May on Monday described loneliness as "one of the greatest public health challenges of our time," saying it is linked with a range of illnesses, including heart disease, stroke and Alzheimer's disease.

The government says around 200,000 older people across the country haven't had a conversation with a friend or relative in more than a month.

The government's anti-loneliness strategy calls for "social prescribing," which will allow doctors to recommend group activities such as cooking classes, walking groups and art clubs, instead of medication. About 1.8 million pounds (\$2.4 million) has been earmarked for the initiative.

AVAILABLE RESOURCE

Preventing Suicide: A Community Engagement Tool

By the World Health Organization

Link: <http://apps.who.int/iris/bitstream/handle/10665/272860/9789241513791-eng.pdf>



From the Forward:

This toolkit is a step-by-step guide for communities to engage in suicide prevention activities, take ownership of the process and keep efforts sustained. The toolkit is not a manual for initiating specific interventions; rather, it describes an active and participatory bottom-up process by which communities identify, prioritize and implement activities that are important and appropriate to their local context and that can influence and shape policy and services.

We hope that the community engagement toolkit will be used in many countries and contexts. Together, we are working towards the ultimate goal of reducing suicide. The Member States of the World Health Organization have committed themselves in the Mental Health Action Plan 2013-2020 to work towards the global

target of reducing the suicide rate in countries by 10% by 2020. The suicide rate is among the agreed indicators for the United Nations Sustainable Development Goals health target 3.4, namely "by 2030 reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being". This target is unlikely to be achieved unless communities are actively engaged in efforts for suicide prevention.

Preventing suicide: A community engagement toolkit. Geneva: World Health Organization; 2018. Licence: CC BY-NC-SA 3.0 IGO.

ANOTHER AVAILABLE RESOURCE

Crisis Supports For The Autism Community (*Crisis intervention services toolkit, free from AAS*)

Link: [https://www.suicidology.org/Portals/14/Autism%20Crisis%20Supports%20\(FINAL\).pdf?ver=2018-10-22-120024-940](https://www.suicidology.org/Portals/14/Autism%20Crisis%20Supports%20(FINAL).pdf?ver=2018-10-22-120024-940)

Written & developed by Lisa Morgan in collaboration with AAS's Autism and Suicide Committee & Common Ground

The American Association of Suicidology (AAS) is pleased to announce the release of a resource to support autistic individuals during a crisis, specifically when interacting with crisis intervention services. This tool is the result of an innovative collaboration between AAS's Autism and Suicide Committee and Common Ground, a crisis center located in Pontiac, MI. "Crisis Supports for the Autism Community" is available for free through the AAS Website.

The purpose of the toolkit is to enhance potential communications or interactions between crisis center personnel and those on the autism spectrum utilizing their services. The toolkit will allow crisis center personnel to be better equipped in building rapport with autistic individuals, ensuring more effective intervention.

Crisis Supports for the Autism Community

Identifying Autistic Callers / Texters

- Expresses sensory difficulties – such as with sight, sound, smell, touch
- May present with emotions opposite of being in a crisis – like laughter
- Difficulty identifying or verbalizing emotions
- May not know how to cope with or what to do with – emotions
- Literal thinking and understanding
- Has experienced countless misunderstandings / miscommunications
- Shares difficulty or inability to make friends and sustain relationships
- Feels disconnected and isolated from society
- Perseveration – ruminates on thoughts, situations, or circumstances
- Unusual patterns of speech such as odd pitch, tone, pace, or robotic
- Verbal or text response time will vary according to processing speed
- May use echolalia – repeating words, sounds, and responses

Steps in Supporting Callers / Texters on the Autism Spectrum

- Ask clear, direct questions – use fewer words and be straight to the point
- Allow extra time to process thoughts and formulate words
- Help shift the thoughts – ask about any interests or passions
- Avoid using metaphors, social nuances, allegories, or slang
- Speak using logical words – not emotional words
- Explain positive coping skills and how they are helpful
- Facilitate a safety plan – help make connections to people or resources

YET ANOTHER AVAILABLE RESOURCE

Establishment of the National Suicidology Training Center

The American Association of Suicidology (AAS), in partnership with the Baton Rouge Crisis Intervention Center, Inc. (BRCIC), is pleased to announce the establishment of the National Suicidology Training Center (NSTC). This leading-edge collaboration will provide trainees with

Crisis Supports for the Autism Community

WRITTEN AND DEVELOPED BY LISA MORGAN
IN COLLABORATION WITH AAS'S AUTISM AND
SUICIDE COMMITTEE & COMMON GROUND

Purpose of this Toolkit:

This resource was developed to aide crisis center workers in identifying and supporting autistic callers/ texters who are in crisis. A person with autism may or may not disclose their diagnosis to a crisis center worker or even be aware they are on the autism spectrum, yet still need individualized, specific support. This resource includes ways to identify potential callers/texters who show autistic traits and characteristics, as well as ways to support an autistic person in crisis. The resource also explains the unique differences in communication, thought processes, sensory issues, and misunderstandings a crisis worker may encounter while helping an autistic person in crisis.

This resource has been endorsed by the Autism and Suicide committee of The American Association of Suicidology and Common Ground.

About AAS:

Founded in 1968 by Edwin S. Sheedman, PhD, AAS promotes research, public awareness programs, public education and training for professionals and volunteers. We are a membership organization who includes clinicians, researchers, crisis workers as well as people who have first hand experience of suicide or lived through their own lived experience of suicide. Find out more at suicidology.org.

About Common Ground

Common Ground is a nonprofit organization that has served as an expert on mental health issues and crisis intervention since 1971. Through its 24-hour Resource and Crisis Helpline and in person, Common Ground uses a trauma-informed approach to provide professional, compassionate services to over 80,000 people annually. Common Ground's core purpose is to move people from crisis to hope through three key impact areas: responding to crisis, providing safety & advocacy, and building communities of support. For more information, please visit www.CommonGround-Helps.org or call 248-454-8150.



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access to internationally known content experts in a limited-participant setting to maximize learning experiences.

Training events will focus on critical topics such as professional training, innovative suicide intervention approaches, treatment, and gatekeeper trainings. Courses, including Forensic Suicidology training, with instructors who are leaders in their fields, will be made possible through the partnership with AAS and access to its subject matter expert members, researchers, academicians, advocates, and those with lived experience. There seems to be a tipping point in the field of Suicidology that can be increased by such an undertaking.

"I could not be prouder of this collaboration. I have served as Executive Director of Baton Rouge Crisis Intervention Center, Inc., which has a nearly five decade history of developing intellectual property and an international reputation for innovation in all areas of Suicidology," said Frank R. Campbell, Ph.D., LCSW, C.T., who will serve as chair of the NSTC steering committee. "I am also both a member and a past President of the American Association of Suicidology. AAS provided my early career with access to the pioneers in this field who helped me gain insights into the complex and rich pedagogy of suicidology. It is time now for those who have benefited in our career paths through membership in AAS to give back and help a new generation learn and advance our collective efforts to stop suicide and its impact wherever and whenever possible."

The NSTC will build on the hard earned knowledge from leaders in the field of suicidology while providing access to notables to the training faculty in small group learning environments. In addition, following each training, participants will have unparalleled networking opportunities to enhance support. The vision of NSTC is to train motivated participants, through the experience of leaders in their respective fields, to return to their communities, implement effective strategies, and utilize their expertise in their interest areas. The goal is for participants to become the next generation of local suicidologists. Both the NSTC faculty and the AAS training committee will endeavor to bring about a change in the breadth and depth of knowledge in a field of study where so few opportunities have been developed over the past fifty years.

"We are excited to have AAS play a role in such an important initiative. Dr. Campbell has brought such tremendous value to both this field and to AAS and under his leadership the NSTC will have a definitive impact on communities throughout the country," said Colleen Creighton, Executive Director of AAS.

WHAT'S HAPPENING



November 17, 2018. *International Survivors of Suicide Loss Day*. Events statewide such as: FISP Saves Lives' (with AFSP) *Day of Healing for Survivors of Suicide Loss, their friends, & family*. 9:30 am – 4:30 pm at Weston YMCA, 20201 Saddle Club Road, Weston.

November 17, 2018. *2nd Annual Challenge 22 - 2.2 Mile "Ruck" Walk and Block Party*. Plant Street Market at 426 W Plant St, Winter Garden, 34787.

February 9, 2019 (*new date*) (7:00 am Breakfast; 8:00 am - 3:30 pm Conference). Miami-Dade Community College's *4th Annual Suicide Prevention Conference*. Nicklaus Children's Hospital - Main Auditorium, 3100 SW 62nd Avenue, Miami. <http://www.nicklauschildrens.org/cme>

March 19 & 20, 2019. *FSPC's Fourth Annual Florida Taking Action for Suicide Prevention Conference* is a two-half day event in Tallahassee. <http://floridasuicideprevention.org/fspcevents/>

RESOURCES



If you or someone you know is in crisis, please call **1-800-273- 8255** (*National Suicide Prevention Lifeline*).

Crisis Text Line – text "start" to **741-741**

Veteran's Crisis Line **1-800-273- 8255, press 1** & <https://www.veteranscrisisline.net/>

Resources for Survivors of Suicide Loss. SAVE. Suicide Awareness Voices for Education maintains a resource list at: <http://suicidgrief.save.org/ResourceLibrary>

Suicide Loss Survivors. The American Association of Suicidology (AAS) hosts a webpage with listed resources for survivors of suicide loss at <http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

Suicide Grief Resources. Helpful information, tools, and links for people bereaved by suicide at <http://suicidgriefresources.org/>

STOP Suicide Northeast Indiana. (2016). *Help & Hope: For Survivors of Suicide Loss*. Retrieved from <http://www.stopsuicidenow.org/toolkits-now-available/>

Florida's Statewide Office of Suicide Prevention (DCF):
<http://www.myflfamilies.com/service-programs/mental-health/suicide-prevention>

National Action Alliance for Suicide Prevention: The Public-Private Partnership Advancing the National Strategy for Suicide Prevention:
<http://actionallianceforsuicideprevention.org/resources>

Coping After Suicide Loss: Tips for Grieving Adults, Children, and Schools. The American Psychological Association tip sheet. <http://www.apa.org/helpcenter/suicide-coping-tips.pdf>

The Steve Fun. Dedicated to the mental health and emotional well-being of students of color.
<https://www.stevfund.org/>

Anara Guard, previous Senior Advisor, California Statewide Suicide Prevention Campaign, shared the following Spanish-targeted resources on the AAS ListServ:

Five Signs of Emotional Suffering available in Spanish: <http://www.changedirection.org>

AFSP's loss survivor film, Family Journeys in Spanish (*For subtitles, click the CC button in the right-hand corner of the "Play" bar and choose Spanish in the dropdown*). Stream film at <http://www.survivorday.org/survivor-day-documentaries/>

Guide through grief: Mourning the loss of a loved one in Spanish and English
https://healthonline.washington.edu/document/health_online/pdf/Guide-Through-Grief-SP.pdf

Brochures, video and audio on these topics: anxiety, bipolar disorder, mental health, obsessive compulsive disorder, panic disorder, autism, postpartum depression, schizophrenia and suicide: <http://healthyroadsmedia.org/Listing.htm>

This radio spot is aimed at Latino parents, and encourages listeners to learn the signs and actions to take when a teenager is considering suicide. Developed for a California suicide prevention and mental health stigma reduction projects: <https://emmresourcecenter.org/resources/spanish-radio-que-harias-si-supieras-what-would-you-do-if-you-knew>

30-second TV spot aimed at Latino parents: <https://emmresourcecenter.org/resources/spanish-tv>

Brochure provides information about warning signs, how to find the words to offer support to someone and a link to the campaign website for resources.
<https://emmresourcecenter.org/resources/suicide-prevention-brochure-spanish>

A film in Spanish, with English subtitles, that tells the story of a girl who notices signs of suicide in her friend Tyler and reaches out to support him and connect him with help.
<https://emmresourcecenter.org/resources/directing-change-film-my-friend-tyler>

AN EXTRA HELPING . . .**Eleanor Roosevelt** wrote:

Many people will walk in and out of your life, but only true friends will leave footprints in your heart.

To handle yourself, use your head; to handle others, use your heart.

Anger is only one letter short of danger.

If someone betrays you once, it is his fault: If he betrays you twice, it is your fault.

Great minds discuss ideas; Average minds discuss events; Small minds discuss people.

He who loses money, loses much; He who loses a friend, loses much more; He, who loses faith, loses all.

Beautiful young people are accidents of nature, but beautiful old people are works of art.

Learn from the mistakes of others. You can't live long enough to make them all yourself.

Yesterday is history. Tomorrow is mystery. Today is a gift.

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>